

ABSTRACT OF THE DISCLOSURE

A video distribution method and a video distribution system connected to a transmission path such as the Internet. The system has a video signal input unit, an encoder for converting the video signal into a digitally compressed image data, an image accumulation and distribution unit for accumulating and distributing the digitally compressed image data, a notification unit for reading the accumulated images and detecting an image change, an image browsing data converter for reducing the accumulated image, and an information terminal for accessing the images of the image accumulation and distribution unit and the image browsing data converter. The notification unit, upon detection of an image change, records the image change occurrence time. The information terminal acquires the image from the image accumulation and distribution unit or the video browsing data converter based on the change occurrence time information stored in the notification unit.